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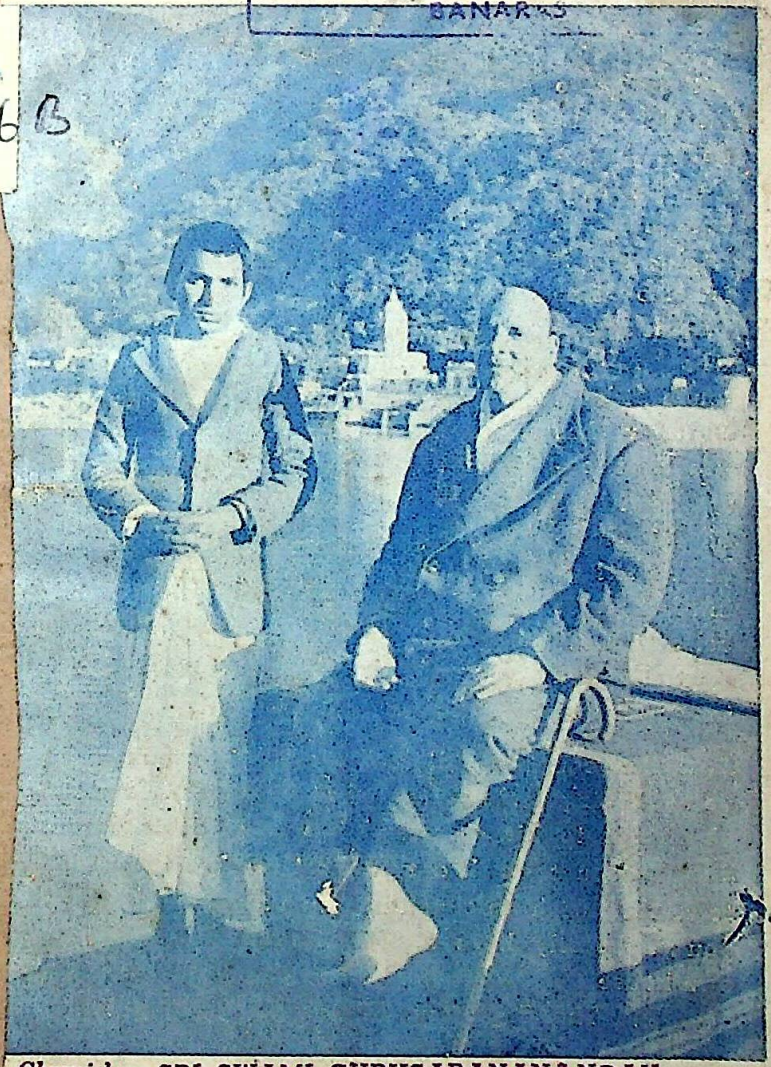
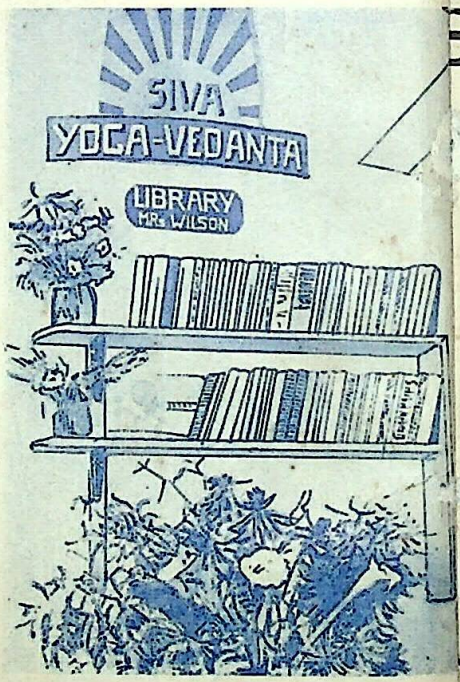


Chronicler : SRI SWAMI GURUSARANANANDAJI

SIVANANDA LIBR

Today it is not only true that Sri Gurudev is the author of over two hundred books, but it is also true that no one who is in touch with Sri Gurudev has less than twenty volumes of Sri Gurudev's writings in his private collection. In Australia and in several



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The Secretary, Divine Life Society,
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SIVANANDA DAY-TO-DAY

By

SRI SWAMI GURUSARANANANDA

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No. 192
Shri Shri Ma Anandamayee Ashram
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PUBLISHERS' NOTE

Sthitaprajnasya Ka Bhasha Samadhisthasya Keshava
Sthitadheeh Kim Prabhasheta Kimasita Vrajeta Kim

Arjun asks the Lord, in the Bhagavat Gita, "Oh Lord, what is the language of the sage established in Consciousness, what does he speak of, how does he sit and how does he move about ?" All these are of importance ; and from all these we can learn and derive profit.

Sri Swami Sivanandaji Maharaj talks to you through the following pages. A zealous Sadhaka and devout disciple of Sri Gurudev, Swami Gurusarananandaji has faithfully recorded the pearls of precious instructions that drop from the sacred lips of Sri Gurudev ; and in his love for us brother-Sadhakas, he has graciously made them available to us. If these anecdotes are studied with devotion, in the proper frame of mind, they will enable you to live in the Ashram, with the sage, enjoy his Satsang, share his humour, partake of his wisdom, and "listen" to his great Utterances at once inspiring and life-transforming. These Utterances, blend the Here and the Hereafter, the Now and the Eternity. Swami Gurusarananandaji has captured them with photographic precision and presented them to you in their true prismatic colours. We hope, by God's and Gurudev's Grace, that a superabundance of the Sage's sayings will radiate to us all, through the marvellous mike, Swami Gurusarananandaji.

Ananda Kutir,
8th February, 1955.

Publishers

आनन्दकुटीमहत्ता

(Sri Bhagvati Prasad)

गुरु र्दता विचित्रभोजनविधिस्तीव्रातितीव्रं तपः
कौपीनावरण सुवस्त्रममितं शिवानन्ददर्शनम् ॥
आसन्नं मरणाश्च मंगलसमं यस्यां समुत्पद्यते,
तामानन्दकुटीं त्यज्य हन्त अन्यत्र किं स्थीयते ॥

गद्यार्थः—यस्यां श्री शिवानन्द गुरुणा प्रदत्तानेकप्रकारा भोजनविधिः, कृच्छ्रचान्द्रायणादितपः कर्तुम् साधनम्, गुह्यस्थान स्याच्छादकं सुवस्त्रमपरिमितम्, मृत्युकाले च जगद्न्दितः श्री शिवानन्ददर्शनलाभमपि विद्य ते –तामानन्दकुटीं त्यक्त्वा भो अभागे। किमर्थन्यस्थाने तिष्ठति (वसति) एतत्तु तवाभाग्यमेवान्यन्न ॥

O, ignorant man, it is your misfortune only that you are living in some other place rather than in Ananda Kutir, which is blessed by the presence of God Incarnate Sri Swami Sivananda and where all sorts of amenities of life i e. food and lodging; easy means for Self-realisation; clothes to cover oneself are available in plenty.

Moreover, you may have the fortune to have an everlasting Blissful Darshan of that great soul even at the time of your last breaths (death). Literally meant that only Ananda Kutir is the best place in order to attain Eternal Bliss and Emancipation.

पापोहं पापकर्माहं पापात्मा पापसंभवः
त्राहि मां श्री शिवानन्द सर्वपापहरो गुरुः ॥

O, All-merciful, Adorable and Sin-Destroyer Guru Dev Sri Sivananda! I pray to Thee to protect me from all kinds of sins though I am sinful; my heart is full of sins.

स्वीयं जनानन्दकरं चित्तभुवं गर्वहरम् ।
भजसि मूढ कथन्न शिवानन्दं हि योगिनम् ॥

O, ignorant man, deluded by Maya, why do you not worship the great Sage Sivananda, who is ever-pleasant, Bliss-bestower and the destroyer of temptation i. e., victor of Lord Cupid even.

HAIL GURUDEV

A formula for Greeting Gurudev as he emerged from his Kutir, composed by Sri J.D. Zal and Sri Nayanbhala of Surat.

OM Anantakoti Brahmandanayaka Rajadhiraj Maharaj Shree Satchidananda Satguru Yogiraj Sri Sivananda Baba Maharaj-ki-Jay.

HAIL ALL

The formula that Sri Swami Sivanandaji uses as he emerges from his Kutir, in the morning for going to the Office:

Haro Hara Tat Twamasi Om Shanti, Banami Khuda Mubark, Namahsivaya, Namo Narayanaya, Namo Bhagavate Vasudevaya, Namo Bhagavate*....., Namo Bhagavate Satchidanandaya, Namo Bhagavati Ganga Rani, Hari Om Tat Sat.

[* Here Sri Swamiji will utter the names of all of his own disciples whom he meets !]

THOSE THAT HAVE EARS, LET THEM HEAR

It was one of those enchantingly beautiful summer evenings - a feature that only Sivanand Nagar could boast of'. Revered Gurudeva was preparing to leave for His Kutir after the close of the evening Sat Sang. There was that day a much larger attendance than usual and we, Ashramites, also were there, following Gurudeva at a distance. Just then a certain young man separated himself from the surrounding group and offering his pranams to Gurudeva, sought His Teaching. He spoke in a brisk voice and said. "Sir,please let me have a word of teaching from you" Gurudeva too stopped awhile, looked at the young man and at once gave His Teachings: 'Serve, Love, Give, Purify, Meditate, Realise. Do Good; Be Good. This is my teaching. Follow this".

No one could as yet guess what the youth expected as teachings from His Holiness; but when thts teaching was delivered, he was obviously disappointed. So were we too, in the beginning; this has so often been Gurudeva's Teaching that we have failed to fully understand its true significance. But aren't we learning every day ? And today, how true and valuable has it proved! ...

An event that occured today compelled me to recall this incident of the past and remind myself of the necessity for eternal vigilance in the spiritual path - for every word that Gurudeva utters is so significant, meaningful to the true seeker after Truth- had he the ears. Every casual talk of His is verily a Sermon and a teaching.

8th January, 1955. **Swami Shudhananda**

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SIVANANDA-DAY TO DAY

10TH DECEMBER, 1954

THE BOY'S BEHAVIOUR: "Repeat Ram Ram," said Swamiji to a five-year-old boy. The boy refused, Shaking his head sideways. "This is courage," remarked Swamiji, smilingly. Then Swamiji said, "Eat Laddu." The boy did not shake his head this time. He kept quiet. Thereupon Swamiji commented, "This is Kali. There is objection to repeat 'Ram Nam' but no objection to eat Laddus."

ADVICE TO DOCTOR: A doctor referred the case of one of his patients, who was suffering from a prolonged ailment which showed little prospect of a cure. "Ask your patient to repeat the Maha Mrityunjaya Mantra: Om Trayambakam yajamahe sugandhim pushtivardhanam, Urvarukamiva bandhanaat mrityormukshseya mamritaat." This will give cent per cent success. It will avoid all accidents too." Swamiji also handed over to him a leaflet containing the Maha Mrityunjaya Mantra.

VISIONS IN MEDITATION: A gentleman reported to Swamiji that he was seeing Sadhu's, skeleton, lights, etc., during meditation and asked for Swamiji's guidance. "You will have to ignore these things. A thousand and one things will come. You should ignore them and know the Reality," replied Swamiji. "What is the nature of the Reality?" asked the aspiring gentleman. "The Reality is inexpressible" was Swamiji's immediate reply. After a pause, Swamiji added, "Continue your concentration."

WHAT IS VANAPRASTHA? The visitor expressed that due to family ties, he was not in a position to enter into the higher Ashrama of Vanaprastha or Sanyas. To this, Swamiji remarked, "If you remain in an Ashram for one or two months, it is Vanaprastha. Your work itself is Yoga. There is no need for Vanaprastha or Sanyas. Many people become lethargic after they take Sanyas. Do concentration at home in the early morning, and during work also keep up the Bhav. Doctor's work is the best for self-purification. You are an eye-surgeon. You give eye-sight (Drishti Dana) to many. It is much better than Sanyas. Later on you should treat and feed the poor free." The visitor said, "I am already doing that." "During your privilege leave, you can come here and do concentration and Japa of OM," advised Swamiji.

11TH DECEMBER, 1954

SANYAS IS NECESSARY : "You are saying that you will take Sanyas; then, why are you going back home"? Swamiji asked a visitor. VISITOR: "Yesterday Swamiji only said that Sanyas is not required, and what is required is mental Sanyas." SWAMIJI: "We want physical Sanyasins also." The visitor had his own family affairs to be settled before embracing Sanyas and knowing this Swamiji said, "You will take Sanyas after everything is finished?" The visitor nodded his assent.

EXTOL THE VIRTUES : Swamy X was an inmate of the Ashram and he left the Ashram after earning disrepute for his dishonesty. Later, when some visitors enquired about the incident, Swamiji was obliged to make a reference to Swamy X and added, "He has also done much good work". Swamiji's precept is "You should not hate anyone. If you are asked to express an opinion about another, and if you are obliged to talk about his bad qualities, you should also speak about the good qualities you find in him. You should not have prejudice against anybody."

DO NOT RENOUNCE YOUR GURU ! A lady-aspirant asked for a particular book, which perhaps dealt with meditation and Samadhi, and Swamiji while giving her that book observed, "If I give you this book, you will be ever in Samadhi only. You will forget the Guru. One can do Tyag of everything, but ..... " Swamiji kept silent, smiling. He meant that one should ever remember one's Guru. On many occasions Swamiji sings, "Guru Guru japna aur sub

swapna". The meaning is, "Always do Japa of 'Guru'. Everything else is a mere dream."

PEACE COMES BY PRACTICE: A man had read several spiritual books, yet he wanted a book that would give him peace. Thereupon Swamiji remarked: "Peace cannot be obtained by studying any number of books. Study of one book is sufficient to get peace." Elsewhere Swamiji has advised, "Don't skip over pages in a hurry. Whatever you study you should digest and practise. An ounce of practice is better than tons of theory."

THE GREAT TRUTH: Congratulating a gentleman who had just come out of certain difficulties, Swamiji said *"Satyameva jayathe, naanritham"*. Truth alone triumphs, not falsehood.

PRAYER IS A BLESSING FOR ALL: Giving instructions to an inmate who types letters for Swamiji's signature, Swamiji said, "Inform him that a special Puja was conducted for the health and peace of his family and add 'May Lord bless you with health, peace, prosperity .....' and after a pause, looking at the typist, Swamiji added 'Thereby you are also blessed. This is the secret. Prayer is not only good for the person on whose behalf it is offered but for you also. Your mind is constantly kept at an elevated spiritual level. Therefore, pray for all, always."

12TH DECEMBER, 1954

The real fool: "He is a fool, I think. He doesn't like Bhagavan's name to be repeated? Bhagavan is Kalyana Karak (the bestower of auspiciousness)", observed Swamiji when a young lady reported to Swamiji that her father wouldn't allow her to live with him unless she gave up "Ram Nam".

Lesson in Sincerity: A Vedantin and a devotee lived together in a single room in the Ashram. The devotee was fond of doing Kirtan loudly, which distracted and disturbed the silence-loving Vedantin, who reported the matter to Swamiji. After hearing both the sides, Swamiji remarked:

"Yes, too much sound disturbs the room-mates and neighbours. Kirtan can be done in a low voice also." Swamiji then demonstrated how Kirtan should be done in a low voice and said, "This will not disturb the neighbour." Turning to the devotee, Swamiji continued, "If you want to do Kirtan aloud, you can do it behind the Mandir or any other solitary place". To the Vedantin, Swamiji observed, "If you want silence and solitude, you can go and spend some hours at the Dattatreya Mandir. (Dattatreya Mandir belongs to the Ashram and is situated at some distance from the Ashram, in a solitary place). If you are sincere and earnest, you can always have places of seclusion for singing God's name and medtating. Do not complain about surroundings. Create your own inner world and live in it blissfully and peacefully."

13TH DECEMBER, 1954

Evil exists to glorify good: A devotee of Swamiji had sent some porcelain cups and saucers as his humble gift to the Ashram. When the wooden box containing these articles was being opened and these articles were being placed on Swamiji's table, Swamiji drew a comparison between the devotee who had made the present, and a former disciple of Swamiji who had cheated Swamiji and left the Ashram, and said, "Evil exists to glorify good. Evil is a kind of knowledge which shows the superiority of goodness by way of comparison."

Prarabdha is unavoidable. "How is it that nobody was able to detect the thief in him, all these years ?" asked Swamiji, continuing his talk regarding the dishonest man referred to above. And Swamiji himself provided the answer, "It is prarabdha", and kept silent, attending to other work.

Pray for those who harm you. "Let us pray for the health and peace of Swamy X", said Swamiji in the course of a night Satsang, and conducted collective Kirtan for the peace and health of Swamy X, who had a few days back deserted the Ashram after perpetrating some dishonest deeds and causing the Ashram a huge loss, —an exemplary act of Swamiji, for us to emulate.

14TH DECEMBER, 1954

Prescription for Peace: "How can I have peace of mind?" asked a visitor to Swamiji and the instantaneous reply of Swamiji was "Repeat the Lord's name, 'Sri Ram', 'Sri Ram'..."

Hints for Lecturing: A lady addressed a night Satsang at the Ashram in an emotional way. On the following day, before leaving the office Swamiji gently advised her, "Do not try to speak forcefully all at once. Slowly you should acquire power of speech. The power should come from the Soul and not from the lips."

Japa: Swamiji once looked at Sri. S. and said," "Japa must go on", meaning that even while at work one should be doing Japa mentally.

Ram-Nam—Anti-Dote to Doubts And Defects: Visitor: "I have a doubt to refer to Swamiji". Swamiji: "Lord's Name will remove all doubts. Sri Ram, Sri Ram. Ram Nam is Kalpatharu. It is everything. It gives immortality."

Visitor: "I performed the Sradha ceremony of my father with utmost devotion. But the priest failed to say the correct names in one place during the ceremony. I am worried over it, though at the end of the ceremony the usual Prayaschittas were conducted."

Swamiji: "Whatever defect there is in Mantra or Kriya, offer everything you do to the Lord. Then you will be free from sins. You have already done the Prayaschitta. Do not torment yourself any more. Be happy. Be a lion. Repeat Sri Ram, Sri Ram Everything will be all right."

15TH DECEMBER, 1954

Shy To Sing God's Name? At a night Satsang, Swamiji requested Sri. N., a visitor to the Ashram, to do Kirtan. Some moments passed and Sri. N. was still silent, being shy. Thereupon Swamiji remarked, "If it is Laddu, no one would feel shy to eat it, but look at Maya; to sing the Lord's name people feel shy. Without much delay thereafter Sri. N. did Kirtan.

Cordial Greetings: Referring to a visitor who had been staying in the Ashram since some days, Swamiji remarked, "If he were a bachelor, he would have decided to stay in the Ashram permanently." The visitor, who was hearing Swamiji, nodded his assent smilingly. "Whatever be the circumstances, come once every year and stay here for about one and a half month and do rigorous Sadhana - Japa and Meditation. Come alone; don't bring your family with you", Swamiji continued.

Be Sweet: "Whatever you write should be sweet," observed Swamiji in the course of signing a bunch of letters produced before him by an inmate of the Ashram.

16TH DECEMBER, 1954

The Mysteries of the Mission : The following words fell from Swamiji's lips while he was talking to a group of visitors:

"Whether we have anything to eat or not, I have been sending books free, all these thirty years. Yet our almirahs are always full. I opened the Ayurvedic Section which is selling Chyavanprash, etc., in order to support the free literature department. Even there, to poor people I send Ayurvedic products worth thousand rupees free. I want to develop this Ayurvedic Department.

"There is joy in taking for householders. Sanyasins derive pleasure in giving. Giving books, giving medicines—so much service gives me joy, gives me strength. For hours together I sit and work in the office. I am absorbed in work.

"There is no money in the treasury, but something falls in time. God always gives me money. God gives me plenty of money. But there is always debt—Rs. 1,00,000."

The Panacea : When an ailment was referred to him, Swamiji replied, "Repeat Maha Mrityunjaya Mantra.

ॐ Trayambakam yajamahe sugandhim pushtivardhanam,
Urvarukamiva bandhanat mrityormuksheeya mamritat

she will be all right.

Upadesh : Giving advice to a lady who sought it, Swamiji said :

"Get up at 4 A.M. Do Japa and meditation. *Have another sititng in the evening.*"

20TH DECEMBER, 1954

Detach: Attach: From amongst a group of aristocratic visitors who had come to the Ashram to have Swamiji's Darshan, a middle-aged lady approached him and reverentially asked for his Upadesh. "Detach, attach", was Swamiji's immediate reply. Neither the lady nor the other visitors could make out the meaning of Siva's commandment. While they could understand the significance of the word "Detach", the word "attach" was puzzling to them, and they even went to the extent of objecting to it. Noticing this, Swamiji clarified, "Detach the mind from the objects and attach it to the Lord". Now the visitors appreciated the great wisdom those two words of Swamiji conveyed and they smiled in admiration. Continuing, Siva exhorted, "Be good; do good. Serve. Love. Give. Purify. Meditate. Realise. Enquire 'Who am I?' and know the Self." Concluding, Siva said, "Do Japa".

Glory of Mrityunjaya Mantra: A lady referred to Swamiji the case of her child who was suffering from a certain bad skin disease. Swamiji handed over to her a leaflet containing the Maha Mrityunjaya Mantra. Siva chanted the Mantra himself to show her how to chant it, and said, "Ask the child also to chant it. If he cannot chant it, it will suffice if you chant it. All can chant it. As soon as you get up, you can chant it. Just before taking food you can chant it." Describing the glory of the Maha Mrityunjaya Mantra, Swamiji observed, "All diseases can be cured by this Mantra. It will prevent all accidents. Even if you are put in fire, fire will not burn you. It will cure patients who are away from the persons repeating it. It is a Moksha Mantra also. It will give you Liberation."

21st DECEMBER, 1954

Swamiji is firm in his vows: Ekadasi is a day of fasting for Swamiji, and generally no Prasad is distributed at the conclusion of the night Satsang on Ekadasis. On a certain Ekadasi day, a visitor happened to attend the night Satsang with a bundle of sweetmeats as offering to Swamiji. Swamiji ordered for the offering to be kept in front of the Lord's picture, and at the end of the Satsang Swamiji ordered for its distribution. The sweetmeats were accordingly being distributed one for each, and when Swamiji's turn came, he did not accept any. When a devoted lady-disciple offered a piece of the sweetmeat to Swamiji and persuasively said, "Sweets, Swamiji", Swamiji declined to accept it, saying, "I don't take anything on Ekadasi".

22ND DECEMBER, 1954

Realise the Atma: A French lady, Mrs. Allen, visited the Ashram. She evinced great interest in the study of Peneal Gland. She asked, "Do you know what it is?"

Swamiji: "It is the seat of the Soul. Yogis and sages have a detailed knowledge of this gland."

Mrs. Allen: "Then, I will come after some time to study this gland under you."

Swamiji: "Don't bother about Peneal Gland. Make a research into the study of Atma. Meditate and realise It. Just as you throw away the outer skin and seed of an orange and take only the essence, so also you have to ignore the external, physical vestments and take only the essence, the Atman, the Self. Don't worry about Peneal Gland."

23RD DECEMBER, 1954

Come to the Cool Shade: One Sri Ganpath, who had formerly stayed in the Ashram for one year, and left it, again paid a visit to the Ashram. The following conversation took place between Swamiji and Sri Ganpath.

Swamiji : "Are you married ?"

Ganpath : "No, Swamiji."

Swamiji : "You have come to stay here permanently ?"

Ganpath : "No, I will stay for two months."

Swamiji : "Why don't you remain always in the shade ? Why do you want to go in the sun ?"

Adhyatmic life (as is provided by the Ashram) is like a cool shade, and worldly life is like the scorching sun. What a divine solicitude Swamiji has for Sadhakas !

Who cannot stay in the Ashram ? Sri Kamalamma, who had been staying at the Ashram for some time together with her servant, informed Swamiji that her servant wanted to go back, as he did not like this place. Thereupon Swamiji remarked : "Perhaps, he is a smoker, or a daily-cinema goer ! That is why he wants to go back. Spiritual people will like this place."

24TH DECEMBER, 1954

The Symbolic Initiation: Pleased with the divine virtues of a lady aspirant, who was staying in the Ashram for some time, of course with the idea of returning home later, Swamiji addressed her and said, "Before you go back I shall give you Gerua cloth. You can wear it during worship or even at other times." Assenting to Swamiji's kind offer, the lady bowed her head in deep reverence.

First Lesson in Vedanta: A girl student, studying M.A., paid a short visit to the Ashram. Every morning, while Swamiji would be in the office, she used to sit beside Swamiji's chair, as do also the other visitors to the Ashram generally. One morning in the midst of his office work, Swamiji looked at this girl and put her a surprise-question: "Do you know how many Koshas are there?". She said, "No." Swamiji: "There are five sheaths. They are the Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vigyanamaya Kosha and Anandamaya Kosha." "Do you know how many bodies are there?" questioned Swamiji. "No", came the reply. "There are three bodies; the physical body, the subtle body and the causal body. Haven't you studied my *"First Lessons in Vedanta?"* She replied "No." "All right, remember what I have said today. I will put you questions tomorrow." So saying, Swamiji resumed his office work.

It is God's Work: A young lean man, clad in white, bowed down to Swamiji.

Swamiji: "What is your qualification?"

Visitor : "B. Com."

Swamiji : "B.Com.? Very good. We want a "B.Com." "You have come here for Sanyas ?"

Visitor : "Yes."

Swamiji : "Very good. You have good Samskaras." So saying Swamiji shook hands with him and offered him a handful of cashew-nuts and said, "This is for Sanyas."

The Ashram at that time was in need of an accountant as the existing accountant was expected to leave the Ashram. Already there were two B.Coms. in the Ashram and the arrival of the new gentleman raised this number to three. Commenting on this, Swamiji said : "If one man goes, three men come in. We have now three people to look after the accounts. Don't worry. We are doing God's work. He is ever on our side to help us. If ten thousand rupees is lost, thirty thousand rupees will pour in." (Only recently the Ashram had lost a few thousands of rupees due to the dishonesty of an inmate of the Ashram, and obviously Swamiji had this incident in mind while making the above remark).

Care not for University Degrees : Swamiji gave the following pieces of advice to a frail-bodied student who was preparing for her M.A. :

Swamiji : "After M.A. don't study for further examinations. What is M.A. after all ? Why should Sanyasins and Sanyasinis need degrees ? Treat study as a play. Never burn the midnight oil. When there are only fifteen days for the examination to

commence, don't study much. And don't be upset if you fail."

Student: "I have Swamiji's blessings. Therefore, I wouldn't fail."

Swamiji: "You shoudn't be disheartened if you fail. What you want is knowledge. Don't care for degrees. There are some people who cannot bear failures."

25TH DECEMBER, 1954

Man-made World: How far the 25th of December truly represented the birthday of Jesus Christ was the subject matter of a discussion amongst a section of the audience at a night Satsang in the Ashram. Somebody expressed that the actual birthday of Jesus Christ fell in the month of August, though man has arbitrarily chosen to celebrate His birthday on the 25th of December. Thereupon Swamiji remarked: "Such is the case with everything in the world. Is there anything in this world which is real except in so far as man thinks it to be real? In truth, the world does not exist in the three periods of time." The audience understood the deep significance of Swamiji's words and chose to drop the discussion.

Admonition: "Sanyas makes many proud and inefficient". This view was expressed by Swamiji when Swamy **X** delayed performing a work allotted by Swamiji.

26TH DECEMBER, 1954

Siva's Disciples : On the occasion of Swami Venkatesanandaji's thirty-fourth birthday, while Swamiji was being photographed with several prominent visitors, Swamiji paying compliments to Swami Venkatesananda said: "Venkatesananda is very brilliant. It is said that Akbar's palace contained Navaratnas. So also in my Ashram there are many jewels – Venkatesananda, Chidananda and others" There is God's work to be done. So God has given me so many jewels."

Referring to Swami Satchidanandaji, Swamiji's body-guard and personal Secretary, Swamiji said, "He has no world. He says he knows nothing. He always carries my things - my blanket, bags, muffler - wherever I go. He has been doing this for years. Isn't it better than M A ?" A prominent visitor replied, "Certainly, it is much better than M A", thus bringing home to the audience the importance of Guru Bhakti and Guru Seva in the spiritual realm.

The parents' Supreme Duty: An educated girl had come to the Ashram with the intention of taking Sanyas from Swamiji and staying in the Ashram permanently. Four or five days after her arrival at the Ashram her elder brother also came to the Ashram. Seeing her elder brother Swamiji asked him, "You have come to take S. away?" He replied, "No, Swamiji. I have come just to pay my respects to Swamiji" "I do not ask them to come", said Swamiji, pointing out the resident-women-aspirants. "Yet,

they come, because it is perhaps Lord's will that they should evolve here," After a pause, Swamiji added, "If she doesn't want to marry, do not force her to marry. You and her father should do everything possible to assist her spiritual progress. If you prevent her from studying Gita or practising meditation, you will be spoiling her. A boy came and lived in the Ashram for some time. He wanted to take Sanyas. But his parents took him back. Later on he became mad. He was put in jail. Now he is better. He has come to the Ashram several times, If you compel her to do things which she does not like, you will be making her unfit for this life and that life. She will be fit neither to remain here nor there To take her in the Ashram means a great responsibility upon me - much greater responsibility than you or her father may have. Here she feels happy. She does not want to marry. She requested me several times to give her Sanyas." Hearing this, the brother replied, "Swamiji, I have come not with the intention of taking her back. I have no mandate from father to take her back. I am happy that she has the blessings of Swamiji."

Swamiji continued: "I am only telling psychologically. A girl from Gujarat came. She wanted Sanyas. I refused. I told her that I wouldn't give her Sanyas unless she brought the permission of her mother and father. Later, her mother came to the Ashram to take her. She refused to return and observed Satyagraha. She fasted for three days. Then the mother gave her permission to take Sanyas. She came to me and said,

Swamiji, give her Sanyas. Now the girl is here in the Ashram, studying Upanishads and Brahma Sutras." "I have not come to take her back, Swamiji", repeated her brother. Swamiji said, "I have just opened my heart to you. Do according to her wish."

Sadhana in a nut-shell: When a certain visitor was taking leave of Swamiji, Swamiji gave the following Upadesh: *"Jap karna. Seva karna. Ahimsa, Satyam palan karna"* "Do Jap. Perform service. Maintain Ahimsa and truthfulness."

3RD JANUARY. 1955

Siva's Inspection-tour: A new printing press had been installed at the Ashram. Swamiji went all the way up to where the Press is and conducted Kirtan etc., to mark the occasion. On his return Swamiji visited an ailing disciple, Swami Brahmanandaji and conducted prayers by his bed side. Returning from there, Swmiji said, "In those days when I was constructing these buildings, I was wondering who would care to come here and live in this isolated forest area. But now I find no space is left vacant in the Ashram. All space is filled up."

5TH JANUARY, 1955

Mantra for getting married; A lady complained to Swamiji that she was not able to get a suitable male horoscope for performing the marriage of her daughter studying in England. "Do Japa of Gauri Mantra. Ask your daughter to do this Japa. If your daughter wouldn't repeat the Mantra you can repeat it for her,". Said Swamiji and gave her a leaflet containing the Mantra:

कात्यार्यान महामाये महायोगिन्यधीश्वरी
नन्दगोपसुतं देवि पतिं मे कुरु ते नमः ॥

"Kathyaayani Mahamaye Mahayoginyathiswari, Nandagopasutham Devi Pathim May Kuru the Namah."

Siva inspires a German student: "Why don't you do some spiritual work?", asked Swamiji a young German visitor to the Ashram, who had been staying in the Ashram for some weeks. "Start a school of Yoga, after you return to Germany. Along with social service, (which you are already doing) do some dissemination of Yoga. Study well Asans, Mudras, Bandhas, etc., while you are here. Vishnudevananda will teach you." Thus Swamiji inspires all to serve humanity.

9TH JANUARY, 1955

Sivananda Asylum (Not Ashram): A young man came to the Ashram and after two or three days' stay, informed Swamiji that he had come for taking Sanyas When questioned by Swamiji he said that he had not taken permission of his father, nor had he informed his father that he would be going to Sivananda Ashram. Thereupon Swamiji smilingly remarked thus: 'Then your father may come and take you away, because if anybody is missing in the world, people will think that he has gone to Sivanandaji and will search for him in the Sivananda Ashram". The remark of Swamiji has a double meaning; one is that Sivananda Ashram has become very popular and it serves as an ideal ground for spiritual growth. The other meaning is that evil doers, most anti-social elements, who want to run away from the world and save themselves from being put to shame, will find the doors of the Sivananda Ashram open to them. For, Swamiji considers it his duty to keep and improve spoiled people. Said Swamiji the other day, "It is my duty to improve rogues. If I keep one rogue, that means the world is saved from that one rogue ! Of course, I wouldn't place one in a responsible position in the Ashram if I know his character to be bad, and if one holding a responsible position is proved dishonest, I would at once have him removed from such responsible position, but I seldom remove a man from the Ashram, unless his conduct is too bad to be mended and he is a positive danger to the Ashram as a whole."

10TH JANUARY, 1955

This is Moha: An elderly man was staying in the Ashram as a Vanaprastha. One day he got a telegram that his eldest daughter was seriously ill. He approached Swamiji and said: "Swamiji I have just received news that my eldest daughter is seriously ailing. I want to go back to see her." "Many *daughters* are ill in Berlin," said Swamiji smilingly and after a pause and silent survey of the old man's countenance, added: "but, you don't want to go to Berlin!" The old man could not understand the significance. Swamiji explaimed: "Just as this girl whom you call your daughter is suffering there are thousands of girls suffering in every part of the world. You are not worried over them! But you are worried about this particular girl's illness. Why? It is because you identify yourself with the body and feel, 'I am her father; she is my daughter'. This is ignorance, this is Moha." "Yes, Swamiji, I have Moha," admitted the gentleman. "It is Moha that causes brith and death," rejoined Swamiji.

Siva works ceaselessly: "You get a holiday on Sundays?" asked Swamiji of a Government officer who visited the Ashram. "Yes", he replied "But I don't get any holiday; I work on Sundays also. All days are holy days for me—days of service." observed Swamiji.

The Mission is Immortal: Referring to the dishonesty of an ex-inmate of the Ashram, Swamiji

said, "The world runs on faith and sincerity." In the same connection, Swamiji at another time (after receiving a donation from a noble soul) observed, "Even if Swamy 'X' takes away thousands God again gives me plenty of money." This remark of Swamiji produced in the minds of the audience the feelings, "A noble cause can never suffer. It has always God's support behind it"; and also that "Swamiji is a God-man; his mission is God's mission."

11TH JANUARY, 1955

Do Japa: Sri M. complained to Swamiji that he was not having peace of mind and asked for Swamiji's advice. "Do Japa," exhorted Swamiji. "I have been doing Japa for some years now," said Sri M. "Then you ought to have gained the benefit", replied Swamiji and continued, "Pin your faith on the Lord. Do Japa more earnestly. 'Nam' is potent enough to allay all miseries and to bestow peace. Do Japa. God will bless you. Everything will be all right."

Advice according to the Sadhak's needs: Sri M. who had previously expressed to Swamiji his desire to go and visit his ailing daughter, felt very sceptical about the possibility of his returning to the Ashram. Thereupon Swamiji advised: "Don't go. You can do Mrityunjaya Jap from here and post a letter to your daughter". "But my mind wants to go", pleaded Sri M. Swamiji: "All right go. But determine to return, before you go. You should return in ten days." Sri. M. "I have to go to Pakistan. So it wouldn't be possible to return in ten days". Swamiji: "Then return in twenty days, or a month". Sri. M. had nothing to say and he paced backward with bowed head. Those who were hearing this conversation had a glimpse of what a great personal interest Swamiji takes in every one and how anxious Swamiji is to save each and every one from the afflictions of Samsara.

But, Swamiji uses his discretion in asking people to stay on in the Ashram permanently. Those who shoulder the burden of maintaining a family are generally not asked to sever their connections with their families abruptly, without making suitable provisions for them. " Stay here for a week and do Japa. And after getting peace of mind, go back and serve your parents". This was the advice Swamiji gave to a boy who had come to the Ashram with the intention of staying there permanently.

13TH JANUARY, 1955

The Revealer of Talents: The 108th anniversary of Saint Thyagaraja was celebrated at the Ashram, when different persons sang songs in honour of the Saint, who was also a matchless poet-musician. The songs were mostly sung in the North Indian fashion with many a repetition of each verse in the song. At the end Swamiji remarked, "Too much repetition is boring The songster should not repeat any verse more than twice " While Swamiji was returning to his Kutir after the function was over, he also remarked "A speech should not exceed fifteen minutes, or at the most, half an hour. If a man speaks for a long time, it means that he has no stuff to speak. What is the need to speak for more than half an hour? It will only bore the audience. If on the other hand, the speech is short and effective, the audience will be longing to hear him again.

Giving compliments to the art of music, Swamiji said, "Without music there is no Realisation". Swamiji encourages music and there is a music college in the Ashram, where tuition is imparted to several students. Even persons residing in Dehra Dun are students of the Ashram's music college, run ably by the Asthana Vidwan Swami Nada Brahmanandaji. "Give up bazaar work from tomorrow and study music under Nada Brahmanandaji", said Swamiji to Swami Brahmanand, who possessed a good voice and musical talent, and

who was doing the bazaar purchasing work for the Ashram. Looking at Swami Nada Brahmanandaji, Swamiji said, "You should prepare the Kannadi boy also", referring to a new Ashramite, gifted with a good taste for music.

It is not merely music that Swamiji encourages. Swamiji encourages lecturing too. The other day Swamiji asked Swami Ambikanand to deliver a lecture on what she had studied from a book Swamiji had presented to her, and Swami Ambikanand obeyed. Swamiji thus trains every one in the line he or she is best fitted. Swamiji gives chance to everyone to speak, not because the audience will be benefited immediately by his or her speech, but because Swamiji wants that everyone should be given opportunities to learn the art of speaking, so that at a later date, one may become an accomplished speaker and do great service to the world

Those who can compose poems are encouraged in that line. Whenever anybody sings a poem composed by himself, Swamiji would ask him to give the poem to him for publication.

Whatever talent is innate in anyone, Swamiji wants to develop it and utilise it for furthering his spiritual mission.

Nip anger in the bud : Two inmates of the Ashram were exchanging hot words. Swamiji who noticed it, commented gently : "Now they are fighting with words, next they will fight with their fists" and laughed. Those who are in the grip of anger and have passed on to the stage of giving out angry words, would do well in recalling to their minds the above humorous remark of Swamiji and in time desist from anger, lest they should fall a victim to the further development of anger and use fists in place of words. Better it is not to get angry at all !

15TH JANUARY, 1955

Prayers that work miracles: Swamiji conducted Kirtan and prayer along with those assembled at the night Satsang for the health and peace of one Sri V. K. Sundaram of Madras, who had been admitted in a hospital for treatment. Sri Sundaram had a fall from a height of about 30 feet and his condition was reported to be serious This has become one of the most regular features in the Satsang. The moment Swamiji hears of someone's illness, etc., he conducts prayers. It has always had miraculous results. (It has since been reported that Sri V. K. Sundaram has miraculously recovered his health).

Citing some instances where Sanyasins had suffered a spiritual fall, Swamiji said, "A man may be thinking that he is progressing, but he may not be aware of the devil that may be working in his mind. We do not know how and when Maya will cause a downfall to any one. I think safety lies in our making life one of daily thanksgiving to the Lord and daily prostrations to Him."

16TH JANUARY, 1955

Cultivate Faith: A man and his son, came to the Ashram and stayed there for a night. Next morning, both of them came to the office hall for Swamiji's Darshan. The father of the son enquired if Swamiji knew of any Yogi who could cure the disease of his son, who was suffering for a long time from a kind of fits which had defied all treatment. He also sought Swamiji's own advice to cure the malady. "I do not know of any such Yogi" replied Swamiji and added "I will give you a Mantra for Japa It is the best of all tonics. It will give not only health and long life, but Liberation also. It is like Gayathri. It is in praise of Lord Siva." Then Swamiji handed over to the visitor the leaflet containing the Maha Mrithyunjaya Mantra. Swamiji himself repeated the Mantra. The visitor with due respect recieved the leaflet from Swamiji's hand. However, after some time, he again enquired if Swamiji knew of any Yogi who could cure the disease. "I do not know", replied Swamiji and added, "Try the Maha Mrithyunjaya Mantra. You can repeat it. Your son also can repeat it". Swamiji then kept silent. The son and the father bowed to Swamiji and departed. "Perhaps he has no faith in the Mantra," remarked Swamiji, later. "People lack faith but blame the Mantra that it does not heal. Only those who enjoy Lord's Grace and whom God wants to heal will have faith; and they will be miraculously healed."

17TH JANUARY, 1955

Wisdom in Humour: A man with a long moustache came to the Ashram to have *Darsan* of Swamiji. He stayed in the Ashram for a night and the next morning after conversing with Swamiji, departed with some books presented by Swamiji. He was a man of affluence, but did not show the courtesy of offering anything to the Ashram. Swamiji never asks visitors to pay for their expenses. Swamiji treats the visitors as his sons and daughters and asks them invariably to stay in the Ashram for some days at least. Swamiji believes that there is divine support for any noble, selfless cause, and however strained the financial condition of the Ashram may be, Swamiji will not withhold his loving call to all to come and stay in the Ashram as long as they like and benefit themselves from the spiritual atmosphere prevailing in the Ashram. However, with a view to giving the pleasure of a humour to all those around Swamiji, (for Swamiji takes delight in making others laugh,) and also with a view to imparting a moral lesson, Swamiji jocularly remarked after the visitor had gone away: "Even as the moustache is long, so also the giving hand should be long."

Vyavaharic Dharma and Adhyatmik Dharma: A boy came and stood beside Swamiji, after bowing.

Swamiji: "Wherefrom are you coming?"

Boy: "From Bangalore."

Swamiiji : "You are a student or an officer ?"

Boy : "I have passed the Intermediate of the Mysore University. I wish to stay here for some days, and if I find this place suitable, I have an intention to stay here permanently."

Swamiji : "Go back and continue your studies."

The boy had nothing to say. He did not have a determined desire to stay at the Ashram and practise Sadhana. Mysteriously understanding his wavering nature, Swamiji administered to him the right medicine.

A certain boy had run away from his house to Sivananda Ashram. After a few days his father also came to the Ashram in search of the boy. Then Swamiji remarked, "If any one is missing, people conclude that he must have gone to Sivananda Ashram and come to search for him here." Then turning to the boy's father, Swamiji asked, "How did you know that your son is here ?" "Only providentially" replied the boy's father and continued, "He was in the habit of reading Swamiji's books". "Then I think I should not send books to anyone" Swamiji interrupted. "Swamiji's books are sold at Wheeler's Book-stalls, in Secunderabad" explained the boy's father. He also informed Swamiji that his son was to appear for the Intermediate examination and he was a bright boy enjoying two scholarships. Then Swamiji said, "I have already asked him to go back and to comp-

lete his studies. However, through your son you have had the good fortune to have a bath in the Ganges".

"Not merely bath in the Ganges, but also your Darsan" replied the visitor. Turning to the boy, Swamiji commanded, "Go and complete your studies. Serve your parents." At this, the boy's father intervened and said, "Swamiji, teach him the glory of service to one's parents. Only after parents comes the Guru. *Matre devo bhava. Pitre devo bhava. Acharya devo bhava.*" To this Swamiji smilingly replied: "I also teach *Matha naasti, Pitha naasti* (You have no father or mother) to bold spiritual aspirants, full of Tyag and Vairagya." Then turning to the boy, Swamiji said, "The injunction, *Matha naasti Pitha naasti* applies only in the end after one has attained Vairagya. But not now. Therefore, go back and serve your parents". To the boy's father Swamiji said, "Do not perform his marriage; at least until he is employed; for he may run away like this, and the other party may find fault with you. People live according to previous Samskaras. If the boy has Sanyas-Samskaras there is no use compelling him to lead a worldly life."

Advice to Students: A boy had come to Sivananda Ashram without telling his parents. As per Swamiji's instructions, the boy decided to return home, and one day while he was taking leave of Swamiji along with his father, who had also arrived in the meantime in search of the boy, Swamiji gave the following pieces of advice to the boy:

"Go back and serve your parents. After you are employed you can come here during your privilege-leave. You should evolve gradually. Emotionalism is not Bhakti. Emotionalism is not spiritualism. Be good; do good; serve parents. Early in the morning get up and after prayer study for two hours. Don't study late at night. Morning time is the best for study. Don't run here and there. It will spoil your career. You will be fit neither to live here nor to live there. You can practise Yoga at home". The boy's father, who was hearing Swamiji, was completely satisfied with Swamiji's admonitions to the boy and gratefully bowing before Swamiji, departed. The boy also prostrated before Swamiji before departing.

Experience in Meditation: Sri Sankaranandaji, a newly admitted inmate of the Ashram, referred to Swamiji his experience in meditation. He said, "When I am doing meditation, breathing stops and my body shakes. What should I do?"

Swamiji: "That is the sign of Kevala Kumbhak. That is a good sign. You are afraid of it? Chant

'Om'. The shaking of the body is only a passing phase. It will go away afterwards."

Sivananda, The Patient Master : One Sri Srinivasan who was an inmate of the Ashram, left it and came back to the Ashram again after a long absence. He was distributing Prasad at the night Satsang, and Swamiji asked him, "What is it that draws you outside? What is it that makes you leave the Ashram often? Sri Srinivasan did not answer, but kept laughing. "Do you want any pocket money?" Swamiji enquired. "Not at all," replied Sri S. "Then, promise not to step outside the Ashram. You can become a saint", concluded Swamiji.

The above conversation gave the audience a glimpse of Swamiji's heart. Swamiji would prefer to provide a person with money to enable him to satisfy his little cravings, rather than allowing him to lose the blessed opportunity of staying in the Ashram and evolving quickly. Swamiji has an understanding heart, and he knows the difficulty of persons addicted to habits in giving them up. Swamiji would patiently wait for the psychological moment when the person would give up the habits of his own accord.

Study the Self : While Swamiji was coming to attend the night Satsang, a batch of Overseers met him on the way. The overseers narrated to Swamiji that they had been to Lakshman Jhula and had a study of the bridge and were then returning. At once Swamiji remarked, "Study the Self instead of the bridge.

Study the inner man". Then they asked for Swamiji's instructions. "Serve, love, give, purify, meditate, realise", was Swamiji's reply. Then they again asked for guidance. Swamiji again repeated the same advice, this time pausing after each word a little longer than before, and also added, "Detach, attach; do Japa".

Instructions on Samput Japa: While on his way to the Satsang hall at dusk. Swamiji stopped and turning back asked Subramanian; "What is the Mantra to be repeated now?" Subramanian could not answer. Thereupon Swamiji continued, "It is Pradosha now. During Pradosha the Mantra 'Om Trayambakam yajamahe sugandhim pushtivardhanam, urvarukamiva bandhanaat mrityormuksheeya mamritat; and Om Namah Sivaya' should be repeated.

"Do you know what is 'Samput'?" Swamiji asked Subramanian. The latter replied in the negative. Swamiji: "Om Namah Sivaya, Trayambakam yajamahe sugandhim pushti vardhanam, urvarukamiva bandhanaat mrityormuksheeya mamritaat, Om Namah Sivaya" "This is called Samput". Again citing another instance, Swamiji said: "You can similarly do Samput-patha of the Gita.

"Sarvadharman parityajya mamekam saranam vraja,
Aham twam sarvapapebhyo mokshayishyami ma suchah.

Tameva saranam gacha sarvabhavena bharatha,
Thatprasadat paraam santim sthanam prapsyasi saswatham.

Sarvadharman parityajya mamekam saranam vraja,

Aham twam sarvapapebhyo mokshayishyami ma suchah."

A particular verse will be repeated at the beginning and end of each stanza. This way of repeating is called 'Samput' Parayan."

Sivananda's service: A second storey is being erected upon an Ashram building to serve as eye hospital. Swamiji said, while he was near that building on his return after the night Satsang, "I will construct a third storey also, so that this will become a magnificent building, and seeing this, creditors will have greater confidence in us and will not hesitate to give us further credits, while it will also enable us to procure credit from other people".

Swamiji never thinks of the Ashram's budget; he goes on expanding the field of his selfless service. His fiery spirit of renunciation is such that any moment he is ready to go to the alms-houses at Rishikesh and take Bhiksha. The Divine Life Mission is the Lord's Mission and help mysteriously arrives at the right time. It is only because of Swamiji's bold policy that the Mission has grown in a phenomenal way.

People love Kirtan: To Swami Satchidanandaji, a senior disciple of Swamiji, who had come to the Ashram on a visit Swamiji, while seated in the night Satsang, said: "Formerly when you were here there was not so much music at the Satsang as there is now. If tea and biscuits are also served, people will sit in

the Satsang till 12 O'clock. People like Kirtan better than Vedant and Panchadasi, which often makes them bored."

Swamiji is a lover of Kirtan. Every function is started with Kirtan and concluded also with Kirtan. Swamiji himself leads the Kirtan at the beginning and end of each Satsang. During the Satsang, Swamiji invites person after person to do Kirtan, and when one is shy, Swamiji encourages him and tactfully makes him do Kirtan. No one is spared !

Be ever active: Swamiji asked Sri Madhuri, local girl, to study Intermediate and B.A. She had passed her Matriculation, but for want of finance, she could not prosecute her studies. "What is the cost of books required for Intermediate?" asked Swamiji. "Rupees sixty, Swamiji", replied Madhuri. Alright, join the next session when it commences. You can order for books. I shall give you money whenever you need it." Both Madhuri and her mother bowed before Swamiji in token of their gratefulness for Swamiji's very kind offer. "Instead of wasting her time, let her study. It will be very usefull", Swamiji was heard saying. Swamiji never encourages laziness, Tamas. Everyone should be active. If one is active, Swamiji will do anything to provide one with the best facilities to evolve and to unfold one's talents.

19TH JANUARY, 1955

A Westerner is enlightened : A lady belonging to Holland, Mrs. Meyer by name, came to the Ashram to pay her respects to Swamiji. She conversed with Swamiji for a while and then posed the question: "You have written, Swamiji, that God is one, but I find Hindus have various temples devoted to various Gods. I presume they are all aspects of one God?" "Yes," said Swamiji, "They are all aspects of one God, even as the several children are but aspects of the father and the mother. God is Infinite. He can multiply Himself and take infinite forms. The spirit is one. Jesus and other prophets are manifestations of the one Spirit."

In the course of her talk the lady complained that it was very difficult for her to get concentration. "Gradually it will come," replied Swamiji.

When an Asan chart was shown to the lady, she said, "We wouldn't be able to do all these. They are difficult." Swamiji replied: "There are some easy bed-exercises; exercises that can be done easily on the bed itself. I have got movie-film of those exercises and other Asans. You can see the film, which will be shown to you by the director of our Studio. There is also a Yoga museum here which will interst you." The lady expressed great joy over this news, and thanking Swamiji for the many books presented to her, she took leave of Swamiji in order to see the Yoga film and Yoga museum.

They came; they saw; they were conquered : A group of visitors called on Swamiji when he was coming for the night Satsang. They talked to Swamiji for a while and with the exception of one or two, who chose to remain with Swamiji and attend the night Satsang the rest of them took leave of him and went to see the places on the other side of the Ganges. After some time the visitors who had gone to the other side of the river, came back and joined the Satsang, with a view to take back the two members of their party who were in the Satsang already. But, as they listened to the lectures and Kirtans at the Satsang, they felt disinclined to leave the Satsang though originally they had no idea of attending the Satsang for long, and remained at the Satsang till almost the very finish, absorbed in the elevating Kirtans and illuminating discourses.

Dear Reader! wouldn't you like to come and attend the Ashram Satsang at least once ?

20TH JANUARY, 1955

Swamiji's Problem: Swamiji has initiated hundreds into the Order of Sanyas, and the question of giving different names to them was therefore a problem to him. Hence there are cases where two or more of Swamiji's Sanyasin-disciples possess the same name. While one day Swamiji called out 'Satchidananda', his private secretary, another disciple possessing the same name came forward. Then Swamiji remarked, "There are so many Satchidanandas. What to do? I have exhausted all names." Immediately, the senior Satchidananda suggested, "Swamiji can put No. 1, No. 2, No. 3 and call as 'Satchidananda No. 1, Satchidananda No. 2."

Upon this, Swamiji said, "Immediately the word 'Satchidananda' is heard all Satchidanandas will respond without waiting for the numerical suffixes. The better thing would be to prefix the numerals, and call as 'No. 1 Satchidananda, No. 2 Satchidananda." How nicely Swamiji compliments his disciples on their readiness to serve him!

An Ideal Woman: "Are you doing Japa?" Swamiji asked a middle-aged gentleman who had come along with his wife. He replied, "Yes Swamiji. I am doing Japa daily for ten minutes." "How many hours are there in a day?" retorted Swamiji, "And you give only ten minutes to God?"

Visitor: "I have to serve in an office. I leave the house at 9-30 and return only at 8 p. m."

Swamiji: "Suppose you give this time to God?"

Visitor : "I am serving for the family."

Swamiji (looking at his wife) : "He says he is serving for his family."

Wife : "Yes he is serving for the family. But I am serving God. I am doing Japa, Pranayam....."

Swamiji : (looking at the man) "Then, she is more religious than you are ! You will also get a share in her merit. It is rare to find such Saha-Dharminis nowadays.

Omkarananda, the unrivalled genius : "Nothing has come out of the bag yet", remarked Swamiji to Swami Omkaranand, a young Swami, who had been entrusted by Swamiji with the task of bringing out a monumental work dealing with all the philosophies and religions of the world. "I have prepared an index, Swamiji, of about 200 books that I shall be referring to in the present work", replied Swami Omkaranand and showed the typewritten index to Swamiji running over a few pages. Swamiji was struck with the voluminosity of the work involved and said, "There is nobody to equal you. You can take your own time, but only give me two sheets every day. You should make the work grand. I think this will become a text book for the universities" "I shall try", replied Swami Omkaranand. Later, referring to Swami Omkaranand, Swamiji said : "He is only a boy, but what an intellect he possesses ! What knowledge at this young age ! There is nobody to equal him."

21ST JANUARY, 1955

Sivananda, the Giver of all: While Swamiji was in the office, Swami Vishnudevanandaji approached him for money to pay some advance towards the cost of a rack which was being purchased for the Ashram. Swamiji commanded gently: "Ask the Secretary" and kept quiet. Swami Vishnudevanandaji stayed for a while and went away without the money. In the evening on the same day, while Swamiji was approaching the Satsang hall, Swami Vishnudevanandaji was seen standing outside the hall. Swamiji to Vishnudevanandaji: "You wanted money?" "Yes, Swamiji", replied Vishnu Swami, "Sixty rupees have to be paid as advance, and the balance can be paid ater." Vishnu Swami also narrated some other lexpenses. Swamiji called for Swami Satchidanandaji, and said, "Give hundred rupees to Vishnu". To Vishnu Swami, "Take hundred rupees from Satchidananda today itself. Otherwise somebody else will take it away", warned Swamiji. "Yes, Swamiji, I will take it today", replied Swami Vishnudevanandaji.

The one thing that one would never get from Swamiji is a refusal. If on rare occasions, Swamiji is forced to refuse to accede to a devotee's request, God obviously understands that Swamiji is pained at heart; and this is seen when very soon afterwards Swamiji calls the devotee and fulfils his wishes! Another lesson we learn from the above incident: if you give something to someone, give it at once, lest it should be taken away by others.

22ND JANUARY, 1955

Guru and Disciple: "In ancient times, pupils used to approach their spiritual preceptor with great humility, holding Samits in their hands. Now the time has changed and students are not as earnest and humble as in those days. When they talk to their preceptors, the present day youths put their hands in their pant pockets and with gestures try to maintain their self-imposed dignity. The spirit of humility, devotion and sincerity are absent. To such people also I give instructions", said Swamiji casually, thereby giving the world the most precious lesson that preceptors should be approached in all humility and with presents in hand

While Swamiji was going to the Satsang hall in the evening Sri Yasoda, an inmate of the Ashram, was seen standing on the way with bowed head. "Om Sri Yasodayai Namah", greeted Swamiji "Om Sri Sivanandaya Namah", greeted back Sri Yasoda. Turning to Subramanian, Swamiji remarked "The disciple takes the Guru's name and the Guru takes the disciple's name. There is no difference between the Guru and the disciple". After Lord Jesus only Swami Sivananda has literally worshipped his own disciples. Gurudom has no place in his heart, though millions acclaim him today as not only their Gurudev but their God.

SPARKS OF WISDOM

Sayings of

SRI SWAMI SIVANANDA

God's Names are the most potent tonics, sovereign specifics,

Bitter pills have blessed effects.

Selfishness is the thorn of life.

Be catholic and liberal in your views.

Expand. Evolve. Grow.

Prayer is a mighty spiritual force.

Thou art Divine. Feel and realise Thy Divine Nature.

Character gives a strong personality to man.

Love of God gives e real meaning to life.

Control lingual diarrhoea. Speak measured words.

Attachment is the root cause for all human ills and sufferings.

There is only one caste ; the caste of Humanity.

Only the pure in heart can attain God-realisation.

Evil desires perish when good desires are encouraged and fostered,

Aim at perfection in everything.

Friendship stops when borrowing begins.

The goal of life is to become one with the Eternal.

Good character is the beginning of saintliness and divinity.

Heaven and hell are internal states of mind,

Good manners are the great letters of education.

To aim at high things is the cry for spiritual food.

Money wasted can be restored, but time wasted is lost for ever.

Samadhi is the joy of the Yogis ; equal vision is the delight of the sages.

He who has no discrimination is really blind.

Rudens, cruelty, revenge, harden the heart.

Devotion to God destroys all sins and desires.

Be good. Do good. This is life Divine.

Think correctly. Decide carefully. Work diligently

Forget and forgive. You will have peace.

Meditation will bring divine light to your heart.

An athiest denies God; the denier exists. Existence is God.

Self-analysis will teach you what you are in reality.

Petty fears, petty pleasures, petty worries are the products of ignorance.

Man considers the actions, but God weighs the motives.

Evolution is your journey back to God.

Self-control is the best of all vows.

Pain is the fruit of pain given to others.

Goal of all Yogas is Divine Union.

Pythagoras, Plato, Empedocles regard rebirth as asiomatic truth.

Faith in God is the first rung in the ladder of spirituality.

Contentment is the richest treasure ;

Peace of mind is the rarest jewel.

Bear no envy; commit no slander; speak no falsehood.

You will be ever happy.

Wipe the tears of the distressed and the sick. Comfort the afflicted.

A glutton or an Epicurean can never find the way to Yoga.

Pain has a purifying and perfecting power.

Mysticism is the art of union with the Reality.

Face the worst bravely, fight for the best boldly.

Always try to look at the bright side of things.

It is better to lose than play foul.

Never despair. 'Nil desperandum'. Plod on.

Speak little, read much, think more.

Aspiration is the longing for God realisation.

He is a great Yogi in whose heart there are no thoughts of hatred

The more surrender, the more grace of the Lord.

Spiritualise or sublimate your instincts.

Generate daily new divine thought-waves in your mind.

Vedanta is not divorced from life. It is way of life.

Immortality lies in Self-realisation.

Passion makes one beggar of beggars and blind.

Egoism is the most dangerous weakness of man.

The Lord is everywhere Feel His presence.

Every useless thought is wastage of energy.

There is only one religion, the religion of the realisation of the Truth of life.

———

HOMAGE TO SIVANANDA

(Sri Kaviratna Janardan Prasad Shastri)

१

तर्ज—तू गंगा की मौज में—

हां भजते हैं हम सद्गुरु जी शिवानन्द
रहेगी लगन पद कमल में तुमारे
जो तुम हो स्वामी तो सेवक तुमारा,
अखिल विश्व में नाम होगा हमारा।
मिटेंगें सभी दुःख मिलेगी सुशान्ती
करें रोग सब दूर पावेंगे कान्ती

करो शीघ्र तुम, करो शीघ्र तुम, करो शीघ्र तुम भव सिन्धु
से नैया पारे—हो रहेगी०

कैसे मिलेंगे तुम्हें हम गुरु जी
करें साधन हम हां कैसे गुरु जी
भुलावोगे हमको तो हम रो मरेंगे
क्षणिक तन का हम सद्गुरु क्या करें
भुलाना नहीं २ भुलाना नहीं मेरे जीवन सहारे
हो रहेगी०

जय वह दिवस जबकि तू याद आता
मेरे हृद् पटल पर है कुछ गुन गुनाता

किये सौम्य उपदेश हैं जो जगत में
उन्हां से है कान्ति तेरे इन भगत में
शिवानन्द जी २ शिवान्द जी सद्गुणों के आगारे
हो रहेगी०

जय २ शिवानन्द सद्गुरु देवा २
लगाते हैं हम भाग मिष्टान मेवा
हमें अपना समझो न छोड़ो दयालु २
अये दीनबन्धु निरापद कृपालु
तुमारे बिना २ तुमारे बिना है न जग हां चारे
हो रहेगी०

मैं सेवक जनार्दन तुम्हें रोज ध्याऊं
तेरे सौम्य उपदेश में हां मन लगाऊं
मेरे पाप नाशक गुरु ना भुलाना
मेरे दिल के मन्दिर में हर रोज आना
तेरी सौम्यता, तेरी शुभ्रता तेरी महत्ता के
लगायेंगे नारे - हो रहेगी०

२ हे दीनबन्धु

हे दीनबन्धु अयि दयानिधे भक्तों के आधार विभो।
हम छोड़ जगत शरणांगत हैं अयि शिवानन्द सरकार प्रभो॥

आराम जगत का खोहर के अष्टांग योग साधन कारी
श्री गंग पुलिन पर वास करें श्री सद्गुरु देव तपन हारी
हैं कष्ट जगत के कौन गुरु हैं टाल न सकते आप जिसे
गुरु मार्ग दिखाओ शीघ्र हमें हों मुक्त अहा भव बन्धन से
शान्ति का आदान करो गुरु भक्ति का संभरण भरो
हे अखिल लोक के भाव कार से केशन से संभाव करो
आनन्द कन्द हे शिवानन्द सं ज्योति किरण का दान करो
जनार्दन के त्रिविधताम संताप हरो आनन्द भरो

३ जायें कहाँ

तर्ज —दर्द भरे दिल की०

शिवानन्द जी सद्गुरु छोड़कर जायें तो जायें कहाँ मतलब का सारा जहाँ

मनुज तन से जो कुछ करम करना तुझको
जो घनश्याम का धाम पाना है तुझको
रटो नाम श्री सद्गुरु का महाँ - जायें०
अहा स्वर्णवत् सौम्य कान्ति है जिनकी
करे क्यों नहीं सेवा करुणा यतन की
अरे यों हि वृथा न हो तन गवाँ —जायें०
सदा सौख्य कुटि में गुरु वास करते
सदा विश्व के शोक संताप हरते

नहि दुनियाँ में कोई उन समाँ —जायें०
जनार्दन अखिल कष्ट है मग्न भारी
हैं जानें गुरुजी व्यथा पुञ्ज हारी
गुरु बिन नही मुक्त कारी यहाँ —जायें०

४ जय जय गुरु

जय २ गुरु सद्गुरु जी शिवानन्द
जय सिन्धु सद्गुण महानन्द जय०
तेरे दर्श से संस्पर्श हैं पुण्यकारी
नाना व्यथा पुञ्ज शोकान्त कारी
जय हो सदानन्द आनन्द कन्द०
अहर्निश रहें पच रहें पात कों में
जो घनश्याम से भाव हैं चातकों में
तेरी जय सदा जय ऋषिकेश चन्द

SIVANANDA :

The AVATARA of SIVA, RAMA and KRISHNA

(*Sri Swami Bhagavatanandaji*)

This is the third time I have been able to visit the Ashram and stay here for some time. Thrice, at the command of Sri Swamiji, I have narrated the Bhagavata-Katha at this holy place. The first time I stayed only for seven days: Swamiji had by his very look attracted and conquered my heart. The second time I stayed for 40 days. I was struck by Sri Swamiji's easy accessibility and by the love and reverence everyone had for him. This time, I have experienced that this divine being that Sri Swamiji is, is easily pleased and bestows the greatest blessings on all, freely. I have no doubt now that Swamiji is an Avatara of Lord Krishna, Lord Rama and Lord Siva all together.

Like Lord Krishna he attracts everyone and conquers their hearts by a mere look. Lord Krishna had that divine quality. But in the Lilas of Lord Sri Krishna, deluded souls would sometimes superimpose defects; even that is not possible in our Swamiji's case. Like Lord Rama he is loved by all and is easily accessible to all. In a moment of great grief at separation from Sita, even Lord Rama is supposed to have let drop from His lips an expression indirectly expressive of a little displeasure at Kaikeyi's cruelty in bringing about the Lord's banishment. But, our Swamiji has nothing but blessing and glorification for even the man who tries to deceive Him. Like Lord Siva our Swamiji is easily pleased and grant the greatest boons. But Lord Siva might be easily angered also and might curse the man who misbehaves towards him. Not so, our Swamiji; He has nothing but love and goodwill towards all, whatever be their attitude towards him. Thus, our Swamiji Maharaj has taken only the unimpeachably glorious Divine Qualities of Lord Krishna, Lord Rama and Lord Siva.

Service of this great divinity alone will bestow Moksha on us His grace alone will liberate us. We should never think even in our dream that he is a human being, but have the fullest and unshakeable faith in his Divinity. Then there is not the least doubt that we shall be liberated in this birth itself.

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SIVANANDA SEVADAL

A few of the Divine Life Branches have got their special selfless service corps well organised and ready to undertake any task– either conducting the various festivities of the Divine Life Society's Branch, or rendering relief work to the people of the neighbourhood in the event of flood, fire, famine, accidents, etc. It has been the common experience of all that a well-trained corps is always an invaluable asset, whereas a crowd gathering "to serve" in times of need, proves more a hindrance than a help.

The organisation and training of a Sevadal (a corps of volunteers who would be willing to render any service in times of need) is therefore, one of the best ways of fulfilling the aim with which the Divine Life Society and the various Branches have been established. There may be a separate Sevadal for women conducted by women Sevikas.

The Sevadal might ordinarily conduct medical relief in neighbouring villages, with the help of the doctors who are willing to render such service; the Sevadal might organise Health Propaganda among the neighbouring villagers helping them keep their villages clean and healthy; the Sevadal might render invaluable assistance to the local bodies in organising and conducting the religious and social festivities in an orderly manner. The Sivananda Sevadal will not only have a distinctive badge to distinguish them, but will shine with a special Bhav while being engaged in service They will be calm, peaceful, cheerful and humble; they will serve with Narayana-Bhav treating all those with whom they come into contact as Narayana Himself; and they will be ever willing to do any kind of service, treating all service as sacred worship of the Lord in all. Suggestions are invited from Branches who have already organised such a Sevadal, in regard to (1) the Sevadal Badge and (2) the Sevadal Uniform These suggestions will be considered at the Headquarters and a further circular issued in regard to these.

Secretary,
Divine Life Society.

Ananda Kutir,
8th February, 1955.

THE CHRONICLER

One of the very few young spiritual aspirants who have made a mark very soon after joining the Ashram is Swami Gurusarananandaji (Sri P. K. Subramaniam of Calcutta, as he was known previously) That is because he has thoroughly equipped himself with all that is necessary for entering the rather hazardous path of renunciation.

Sri Subramaniam was born with an abundance of spiritual Samskaras which have given him a quiet-going nature, devotion to God and to Guru, serenity and love of seclusion and Sadhana. He is very fond of the Lord's Name. He has been a very diligent Sadhaka and follower of Sri Swami Sivanandaji's teachings for a number of years and has visited the Ashram too, several times before making up his mind to renounce the world. Towards the end of 1954 when he visited the Ashram, Sri Gurudev, finding in him an ideal disciple, gave a hint; and Sri Subramaniam seized the opportunity. Soon afterwards he was enrolled as a brave soldier in Sri Swamiji's Adhyatmik Army.

His quiet nature enables him to observe everything minutely and to grasp every important word that is said in his hearing. Since he took to writing the "Sivananda Day-to-day" he has been constantly near Gurudev ever watchful of the precious words of Holy Upadesh that might drop from his divine lips. To him it is a potent Sadhana, as well as a field for rendering selfless service to fellow-Sadhaks. To us it is a treasure and a Satsanga. After going through these Day-to-day notes Swami Hariomanandaji said: "This is what is wanted. Here you have living lessons in Yoga and Vedanta, not mere dry theory."

On the Holy Sivaratri (20th February, 1955) Sri Subramaniam will formally enter the Holy Order of Sanyasa (though in spirit he is already a Sanyasin) with the Holy and most appropriate name: Swami Gurusarananda. May he live long to broadcast Gurudev's Message!